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LUNCHSEAR THE OUTSIDE
AND LEAVE THE
INTERIOR SLIGHTLY
PINK, FOR THE MOST
TENDER TUNA

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Five ways you
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CYMBAL OF A NEW HOPE

Rebecca Bourque of the Nepean Concert Band's percussion section readies cymbals for a crash during the orchestra's May the Fourth Be With You Concert at City View United Church Sunday. For more on the event that drew Star Wars fans, storm troopers and a Sith Lord, see page 5. For a look at how Vancouverites celebrated the unofficial Star Wars holiday, see page 11. SEAN MCKIBBON/METRO

Wynne doesn't
want PM spat to
sidetrack election

All set. Provincial election doesn't officially start until Wednesday, but leaders in full campaigning mode

Premier Kathleen Wynne says she doesn't want her election campaign pitch for a provincial pension plan to get bogged down in a war of words with Prime Minister Stephen Harper.

Wynne told reporters in Toronto on Sunday that although there is a "stark difference" of opinions over the plan — a centrepiece of her campaign — she wants the focus to be on the retirement needs of Ontarians who lack pension support at work.

"The discussion has become about the politics of this.

For me, it's about making sure that people who are concerned about their retirement have some security," she said.

"My value system is that we have a responsibility as government to put in place a structure that allows people to have a secure retirement," Wynne added, saying two-thirds of workers lack job pensions.

However, while discussing what she calls the lacklustre support from the Canada Pension Plan, Wynne did take a slight jab at Harper, saying his pension as prime minister has "almost 10 times" the maximum CPP payout.

The apparent rhetorical cool-down came after Wynne said Saturday that if Harper doesn't want to co-operate on her idea for a made-in-Ontario plan then he should "move out of the way" and not interfere with it.

Those comments were in response to the prime minister's criticizing the proposal a day earlier as a tax that would be rejected by voters.

The Prime Minister's Office was also trying to lower the temperature, with a spokesman saying Saturday that the election is for Ontario voters to decide and the federal Conservatives will work with whatever government is elected.

Wynne called a June 12 election on Friday after the NDP said it could no longer prop up Wynne's minority Liberal government, which it said is beset by scandal.

Hudak poured cold water on Wynne talking up her pension pitch and big-spending budget as geared to the needs of working Ontarians, saying only his party can deliver on pocketbook issues.

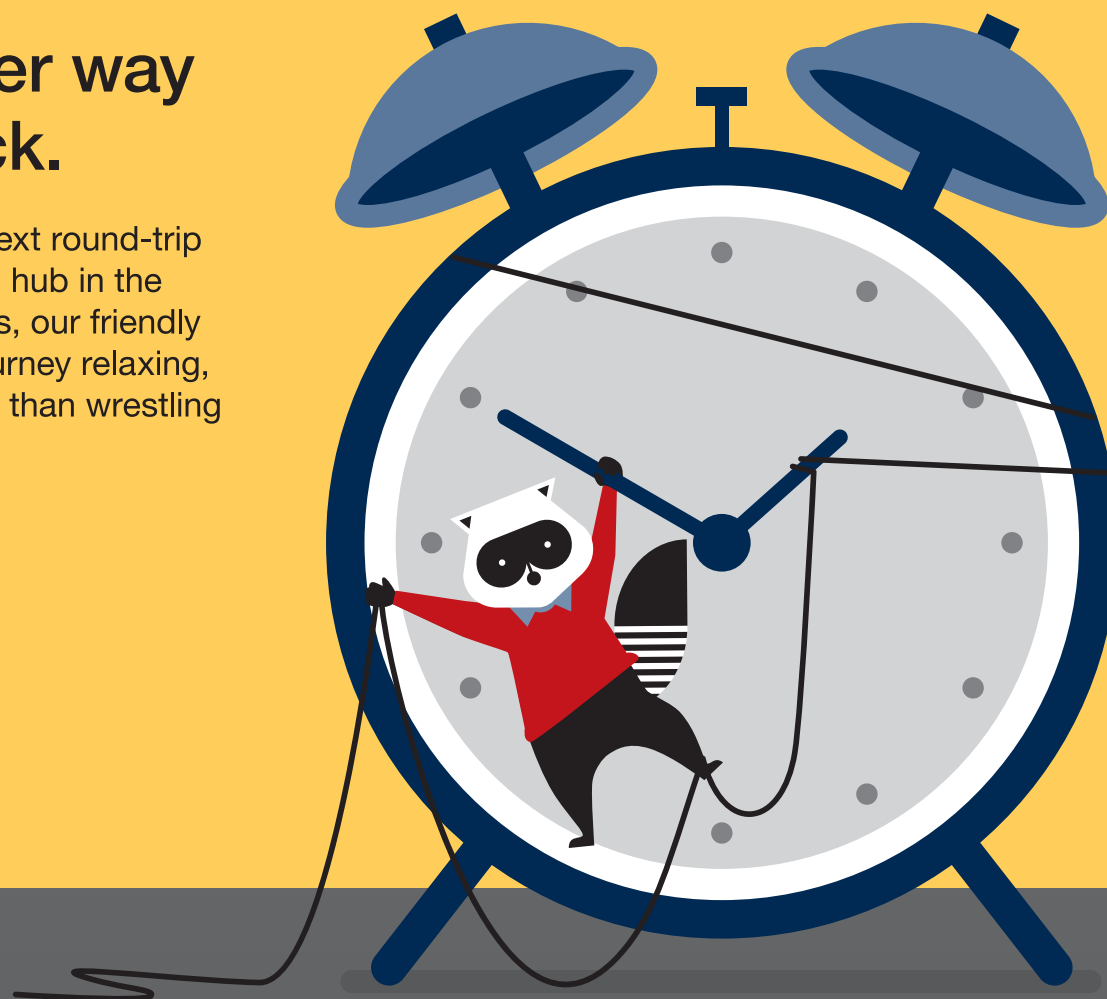
THE CANADIAN PRESS

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Warning issued

Deer could be caught in headlights

Ottawa issued a warning Sunday evening that a deer was loose downtown and could pose a threat to motorists. Police said the animal was running loose in the area of King Edward Ave and the ByWard Market. **METRO**

West District

Police investigate stabbing

Ottawa police were investigating a stabbing incident on the 1400 block of Mayview Avenue that occurred around 10:20 p.m. Friday. One man was in custody after another man was stabbed multiple times.

Anyone with information is asked to contact police at 613-236-1222 ext. 2666 or Crime Stoppers.

METRO

Take that, heart

Cop runs for defibrillators

Toronto police Const. Andrew Rosbrook, 48, of 54 Division, will begin a planned 470-kilometre run between Ottawa and Toronto to mark the day that a heart attack nearly killed him.

On May 5, 2013, Rosbrook was within sight of the finish line of Toronto's spring half-marathon when he suffered a sudden cardiac arrest. His life was saved by an automatic defibrillator and his run will raise awareness for the need for public access Automatic External Defibrillators. **METRO**



A cyclist in the CN Cycle for CHEO event gives the thumbs-up as he completes his race. Participants in Sunday's event helped raise more than \$800,000 for the children's hospital. **TREVOR GREENWAY/METRO**

Community backs CN Cycle for CHEO

\$804,034 raised.
Hospital helps more than 500,000 kids in Ontario each year

It was a win-win day for the Children's Hospital of Eastern Ontario as local cyclists raised a bundle for CHEO, and the medical centre announced it had been named the top pediatric care hospital in Ontario.

It was the second year in a row that CHEO won the honour and the icing on the cake came as CN Cycle for CHEO organizers announced Sunday afternoon that the cyclists, runners and rollerbladers from across the National Capital had

helped to raise \$804,034 for treatment of kids with cancer.

Compared to 26 other hospitals, CHEO had the highest ranking when pediatric patients and their parents visiting the hospital between April 1, 2012 and March 31, 2013 were asked to indicate their overall satisfaction with inpatient care — according to the newly released National Research Corporation Canada/Ontario Hospital Association's patient ratings report.

Two of the three members of The 2014 McDonald's Dream Team were on hand to represent the thousands of kids who rely on CHEO each year. Over the past three months, CHEO cancer patients Justin Leblanc, Michael Meehan and Madison

Primeau have been helping promote the event, while raising funds themselves to help thousands of kids just like them who are fighting cancer. Due to complications with his treatment, Justin couldn't attend the event.

"Everyone at CN is thrilled to be involved in this event. The CN Cycle for CHEO makes life better for families dealing with pediatric cancer and that makes us proud to be the title sponsor," said CN CEO Claude Mongeau in a news release.

"The enthusiasm of the people of Ottawa is infectious and we love being part of this outstanding event."

Prior to the start of the Esso 15K Cycle and in-line skate, the annual "Tori's An-

gels" tribute was held as a memorial to all of the children at CHEO whose lives have been cut short by cancer.

The tribute is named after Tori Carswell, member of the 2002 Dream Team who lost her battle with cancer in 2004 at the age of nine. Also honoured were past Dream Team members Hannah Billings and Evan Simms who also lost their battles with cancer.

"On behalf of all families whose lives have been touched by cancer I want to thank the participants, volunteers, sponsors and donors for making this important event such a huge success," said CHEO Foundation CEO Kevin Keohane in a news release.

METRO

1 NEWS

Did you know **72%** of pain sufferers regularly have trouble sleeping?*



*Source: Data on file. Johnson & Johnson Inc. Analgesics Equity/U&A Research, 2010

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Coach hits parent with legal action over online comments

Wants an apology.

Andrew Yacynowych has sent a cease and desist letter to Cory Philipzyk-Sambrano over a thread published on the online forum



TREVOR GREENWAY
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An Ontario minor hockey coach is pursuing legal action against a parent who he says defamed his character and reputation on an online forum earlier this year.

Andrew Yacynowych's lawyer has served a cease and desist letter to Cory Philipzyk-Sambrano and is demanding that she publicly apologize for a thread she published on Network 54 in late February.

In the post, Philipzyk-Sambrano calls Yacynowych's coaching skills into question, comparing them to those of his players, and warns other parents to "do your homework" before signing their children up. She then suggests that selecting him to coach the Etobicoke Dolphins Atom 'A' team is a "blemish on a good organization."

The forum then goes back and forth with other

parents weighing in, some calling him names and insulting him.

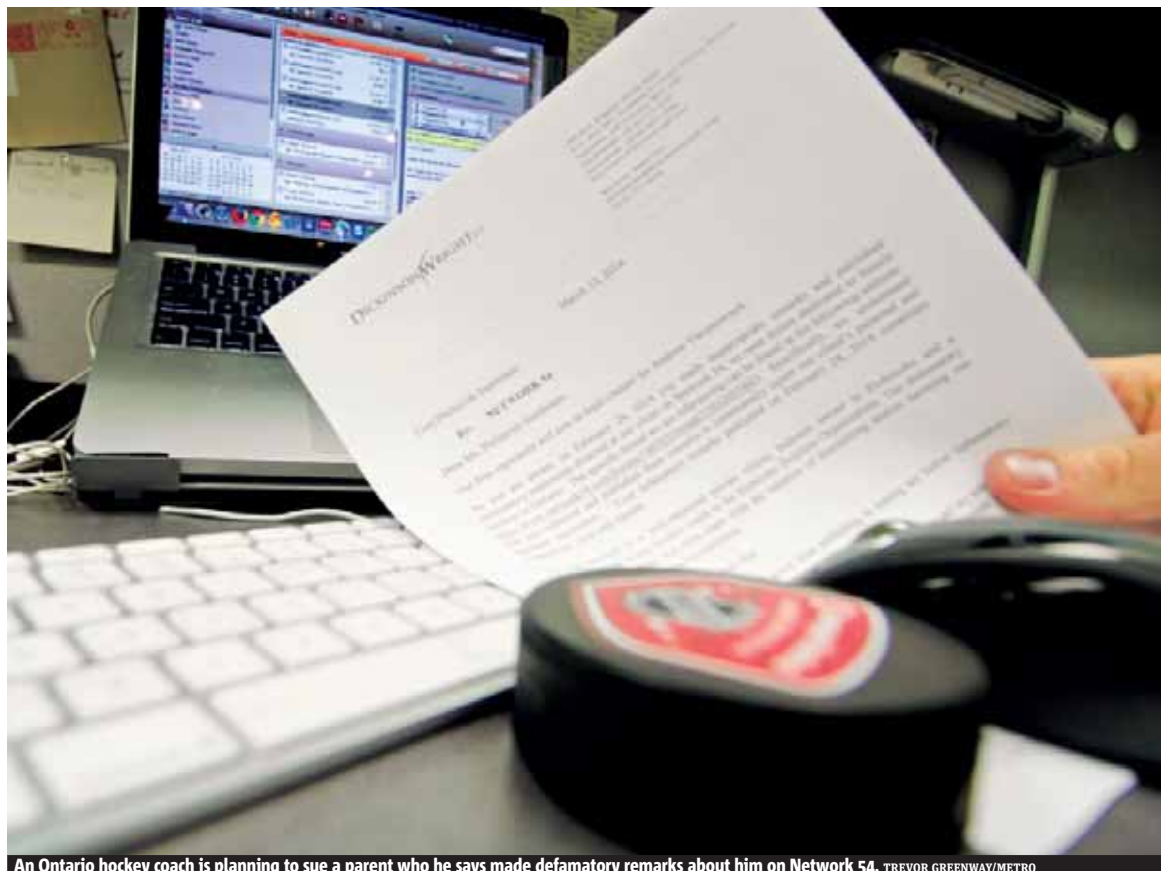
Yacynowych said he doesn't take issue with one specific line in the thread, but that the general topic is an assault on his character.

"Is there a specific defamatory remark? No. But it is a blatant attack of character, a blatant attack of reputation, it's calling out things that are the further from the truth," said Yacynowych. "I am not going to stand here and be bullied. Until someone actually stands up and pushes this to the point of where they could take it to a court case or where we get an open letter of apology, people continue to use anonymous forums to bring hate and whatever else they can to someone else."

What worries Yacynowych the most is the damage to his business reputation a post like this could have on his name. He runs a mid-size ERP implementation company and doesn't want to lose prospective clients if they come across negative posts about him.

"They Google your name, they Google your company, they look for references," said Yacynowych.

The thread in question has since been removed, but Philipzyk-Sambrano has yet to apologize for the re-



An Ontario hockey coach is planning to sue a parent who he says made defamatory remarks about him on Network 54. TREVOR GREENWAY/METRO

marks.

Philipzyk-Sambrano acknowledged to Metro that she has received the cease and desist letter, but wouldn't comment and only offered up a statement through her lawyer Jessica Prince of Polley Faith LLP.

"Since she has been threatened with legal action by Mr. Yacynowych, it would be inappropriate for Ms. Philipzyk-Sambrano to comment further as the matter may shortly be before the courts."

Philipzyk-Sambrano to comment further as the matter may shortly be before the courts."

Offside

Lawsuits fly off the ice

President of the Ontario Women's Hockey Association Fran Rider says Yacynowych is not the only one filing a defamation suit against online attackers, as her office has fielded scores of complaints from several parents, coaches and athletes about bullying

on Network 54. She has even talked to parents whose daughters have become suicidal because of the abuse they have come across on the forum.

While a single negative post about a coach may not necessarily keep her organization from hiring them, other industries across the country may get sucked into the online trash talk.

"A lot of the times, our players are being recruited as police officers, military personnel and employers are Googling their names down the road," said Rider.

"So, certainly down the road it could end up impacting you and your career. And you can't straighten it out because you are just going to create a chain of further abuse." METRO

Quoted

"Until someone actually stands up and pushes this to the point of where they could take it to a court case or where we get an open letter of apology, people continue to use anonymous forums to bring hate and whatever else they can to someone else."

Andrew Yacynowych, Ontario minor hockey coach

Ethical hacker spreads the Internet gospel

Terry Cutler is every kid's worst nightmare.

The certified ethical hacker based out of Montreal wants to teach parents to be as savvy as their kids when it comes to online activity so they can keep (sort of) tabs on what they are looking at, who

they are talking to and what they are downloading.

"My goal is to take a parent who knows nothing about technology, because that is the common thing I hear, that the parents can't keep up with their kids, and I am going to show them how (to)

navigate an iPad, how to set up the configuration to spy on them," said Cutler, also the co-founder of Montreal-based IT security firm Digital Locksmiths.

"I am like the kids' worst nightmare," he added with a chuckle.

But he's not out to just get kids; he's out to help them too. By creating a better understanding of the Internet between parents and kids, conversations about cyberbullying, sexting and online harassment begin to take place, he says. Cutler is

launching a series of video-based Internet security courses for parents and kids and part of the goal is to combat online bullying.

"Bullying is everywhere, but it's hitting close to home where we can see a relative who all of a sudden is deacti-

vating his Facebook account, he is not answering his phone calls anymore, he's always depressed and doesn't want to talk about it," said Cutler.

Visit thecourseoninternet-safety.com for more information.

TREVOR GREENWAY/METRO

Classical concert pays tribute to Star Wars

Sith lord approved.
Nepean Concert Band thrills audience



SEAN MCKIBBIN
sean.mckibbin@metronews.ca

It's not every classical music concert that a lightsabre versus trumpet dance fight breaks out, but the Nepean Concert Band wasn't putting on just any concert Sunday.

People packed the City View United Church for the band's May the Fourth Be With You concert held in honour of the unofficial Star Wars holiday.

While the music of John Williams was a major component of the concert and fans came decked out in sci-fi apparel, it was more than just music from a long time ago in a galaxy far, far away. As kids duelled with lightsabres and a certain dark lord of the Sith looked on, music from Star Trek, Harry Potter, Michael Giacchino's Incredibles score and even Frank Sinatra made appearances.

"Film composers are in many ways the natural continuation of classical or Romantic era of writing. They are the 20th and 21st century equivalents of Strauss, Brahms

... Beethoven," said Terry Duncan, the band's music director of the appeal of movie music to modern audiences. "It's a very natural thing for us to play. It feels natural even without the visual imagery. I think if you heard these pieces and had never seen the films you would still find the things exhilarating that are supposed to be exhilarating."

Duncan said the band had been rehearsing the May 4th performance for eight weeks.

It's not the first movie-themed concert the band has played. Last year they performed a Six degrees of Kevin Bacon concert, with world-spanning music that connected with aspects of the famous actor's life and career.

Having a pop culture theme not only makes the music more accessible, it helps the 60-80 member band talk up their performances at work, said Duncan.

"The theme makes even the most obscure piece accessible, because people can come to the concert and discover the music," he said. Surveying the packed church, Duncan said the healthy turnout was about equal to the band's Christmas concerts. "We may be getting a slight George Lucas boost," he added chuckling.



Darth Vader and other members of the Capital City Garrison of the 501st Legion, an international Star Wars Costuming group that volunteers for community and charity events, gave an added imperial touch to the Nepean Concert Band's Star Wars-themed performance Sunday.

SEAN MCKIBBIN/METRO

Soccer

Ottawa Fury fall to Atlanta Silverbacks

Playing in their sixth game in three weeks, Ottawa Fury FC met the Atlanta Silverbacks for the first time Saturday night in Atlanta. Despite a promising start, a late goal in the first half by Deon McCaulay and an early second half goal from Jaime Chavez put the home side in control. Hometown boy Omar Jarun

pulled Fury FC back heading home his first in Ottawa colours in the 96th minute. But it was not enough as the Silverbacks picked up their second straight win and sent the expansion Ottawa side back down to earth after their 4-0 win last weekend over Carolina as Fury FC fell 2-1.

Ottawa is next in action Saturday, May 10, at Carleton University when they host the Tampa Bay Rowdies at 7 p.m. Tickets are available at OttawaFuryFC.com. **METRO**



An Ottawa Fury and Atlanta Silverback player fight to head the ball in a game that pitted the two teams against one another for the first time Saturday. CONTRIBUTED



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Nigeria

President says 'everything must be done' for kidnapped girls

Nigeria's President Goodluck Jonathan met through the night with security, school and state officials and issued a new directive that "everything must be done" to free the 276 girls held captive by Islamic extremists, an adviser said.

It was the first time the president met with all stakeholders, including the principal of the Chibok Government Girls Secondary School in northeastern Nigeria where the girls and young women were kidnapped on April 15, presidential adviser Reuben Abati said.

Nigerians' outrage at the failure to rescue the students and protest marches in major Nigerian cities have spurred Jonathan's government to action.

Parents, who have lost confidence in the government and military, have asked for international help. **THE ASSOCIATED PRESS**

Afghanistan. Country mourns hundreds of victims killed in landslide

As Afghans observed a day of mourning Sunday for the hundreds of people killed in a horrific landslide, authorities tried to help the 700 families displaced by the torrent of mud that swept through their village.

The families left their homes due to the threat of more landslides in the village of Abi Barik in Badakhshan province, Minister for Rural Rehabilitation Wais Ahmad Barmak said.

Another reason for the evacuation was the threat of flooding caused in part by the landslide itself, said Mohammad Daim Kakar, from the Afghanistan Natural Disaster Management Authority.

Engineers are working on a plan to divert the water, he said. Authorities still don't have an exact figure on how many people died in the landslide, Barmak said, and estimates have ranged from 250 to 2,700. **THE ASSOCIATED PRESS**



Afghans search for survivors buried after a massive landslide in Badakhshan province, northeastern Afghanistan. HOMAYOON RAHMANI/THE ASSOCIATED PRESS



A man is greeted by supporters after being released from a local police station which was stormed by pro-Russian protesters in Odessa, Ukraine, on Sunday. VADIM GHIRDA/THE ASSOCIATED PRESS

Pro-Russian activists free jailed comrades

Ukraine. Several people were jailed for involvement in violent clashes on Friday that killed 40

Outrage over the deaths of pro-Russian activists in riots in Odesa triggered new violence Sunday in the Black Sea port, where a mob of protesters stormed police headquarters and freed dozens of their jailed allies.

The activists had been jailed for their involvement in clashes Friday that killed more than 40 people — some died from gunshot wounds, but most from a fire that broke out in a trade union building. It was the worst violence in the Ukrainian crisis since more than 100 people died in Kyiv in February.

Ukrainian Prime Minister Arseniy Yatsenyuk visited Odesa on Sunday to try to defuse the mounting tensions and hinted strongly that he saw Moscow's hand in the unrest spreading through southeast-

ern Ukraine.

Concerns are mounting that Moscow ultimately aims to take control of a huge swath of southeastern Ukraine from Trans-Dniester to Russian-dominated industrial areas in the east. Russian President Vladimir Putin, who calls the area historically Russian lands, has said he doesn't want to send in troops but will if necessary to protect his country's interests.

The Interior Ministry said 67 activists had been released on prosecutors' orders. Prosecutors, however, later said they had nothing to do with the release and accused the police of failing to carry out their duties.

Putin spoke by telephone Sunday night with German Chancellor Angela Merkel, the latest in a series of discussions they have had about Ukraine.

The Kremlin said they agreed on the importance of the role to be played by the Organization for Security and Cooperation in Europe, and said Swiss President Didier Burkhalter, whose country currently chairs the OSCE, would visit Moscow on Wednesday.

THE ASSOCIATED PRESS

Canada-Russia relations

Canada imposing sanctions

Ottawa says it is imposing economic sanctions on 16 more Russian "entities" over that country's actions in Ukraine.

Prime Minister Stephen Harper issued a statement Sunday saying Russia's "illegal occupation of Ukraine and provocative military activity" remain a serious concern. Harper says the latest measures should increase the economic pressure on Russia and "those responsible for the crisis in Ukraine."

In the last couple of months, the Harper government has imposed a number of political and economic sanctions against senior officials and some institutions in Russia and Ukraine. **THE CANADIAN PRESS**

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Nine acrobats seriously injured in aerial stunt

Rhode Island.

Eight performers hanging by hair fall 12 metres, dancer below injured as well

A platform collapsed during an aerial hair-hanging stunt at a circus performance Sunday, sending eight acrobats plummeting to the ground. Nine performers were seriously injured in the fall, including a dancer on the ground below, while an unknown number of others suffered minor injuries.

The accident was reported to police at about 11:45 a.m., 45 minutes into the Ringling Brothers and Barnum and Bailey Circus' Legends show at the Dunkin' Donuts Center in



In a cellphone photo provided by Tara Griggs, emergency workers tend to injured performers.
TARA GRIGGS/THE ASSOCIATED PRESS

Providence.

Stephen Payne, a spokesman for Feld Entertainment, the parent company of Ringling Bros., said the accident happened during an act in which eight performers hang

"like a human chandelier" using their hair.

He said the metal-frame apparatus from which the performers were hanging came free from the metal truss it was connected to. The eight women fell up to 12 metres, landing on a dancer on the ground.

All the performers have been doing "some variation of this act for some time," Payne said, though he didn't know how long. The current incarnation of the act began in January with the launch of the show, he said.

Providence Public Safety Commissioner Steven Pare said officials and inspectors haven't yet determined what caused the accident. He said none of the injuries appear to be life-threatening.

THE ASSOCIATED PRESS



Thousands gather for Sao Paulo Gay Pride Parade

Participants carry a rainbow flag as people march during the annual Gay Pride Parade in Sao Paulo, Brazil, Sunday. Gay rights advocates are calling for a Brazilian law against discrimination as they gather by the hundreds of thousands in Sao Paulo for one of the world's largest gay pride parades. ANDRE PENNER/THE ASSOCIATED PRESS

First openly gay U.S. Episcopal bishop to divorce husband

The first openly gay Episcopal bishop, who became a symbol for gay rights far beyond the church while deeply dividing the world's Anglicans, plans to divorce his husband.

Bishop Gene Robinson has never been fully ac-

cepted within the more than 70-million-member Anglican Communion.

Robinson announced the end of his marriage to Mark Andrew in an email sent to the Diocese of New Hampshire, where he served for nine years before retiring in

2012. Robinson did not disclose details about the end of their 25-year relationship, but wrote Sunday in The Daily Beast he owed a debt to Andrew "for standing by me through the challenges of the last decade."

THE ASSOCIATED PRESS

Young blood, literally. Vitality of older mice improved after injections

Older mice got stronger, exercised longer and performed better mentally after they were injected with blood from young mice, or even just with a substance that's more abundant in younger blood, U.S. researchers found.

Someday, if more research goes well, this may lead to a way to treat some infirmities of old age in people. In the meantime, scientists have a warning.

"Don't try this at home," said Saul Villeda of the University of California, San Francisco, an author of one of three papers published online Sunday by the journals *Nature Medicine* and *Science*.

He worked with mice that were roughly the equivalent of people in their 20s and 60s. Researchers repeatedly injected the older mice with blood from either the younger animals or



Researchers found aging mice injected with blood from younger mice showed greater strength. GETTY IMAGES FILE

other aged mice. Those that got the young blood did better in learning and memory tests than mice given the older blood. For example, they performed better at recalling where to find a submerged platform in a maze.

THE ASSOCIATED PRESS

Ruling. Expat Canucks win back right to vote

More than one million Canadians living abroad are now eligible to cast ballots in the next federal election after a court struck down a law stripping them of their voting rights.

While mass murderers have the right to vote, long-term expats "who care deeply about Canada" do not have the right, Ontario Superior Court Justice Michael Penny said in his decision.

Penny found part of the Canada Elections Act, which bars expatriates who have lived abroad for more than five years from voting, is unconstitutional.

"The (government) essentially argues that allowing

Quoted

"This is not the lawmakers' decision to make — the Charter makes this decision for us."

Ontario Superior Court Justice Michael Penny

non-residents to vote is unfair to resident Canadians because resident Canadians live here and are, on a day-to-day basis, subject to Canada's laws and live with the consequences of Parliament's decisions," Penny wrote.

"I do not find this argument persuasive." THE CANADIAN PRESS

Public school system

'Diversity gap' between U.S. teachers, students

U.S. teachers are nowhere near as diverse as their students. Almost half the students attending public schools are minorities, yet fewer than 1 in 5 of their teachers is non-white.

New studies from the Center for American Progress and the National Education Association are calling attention to this "diversity gap" at elementary and secondary

schools in the United States. The groups want more to be done to help teachers more accurately mirror the students in their classrooms.

According to a 2012 study by the National Center for Education Statistics, of the nearly 3.3 million teachers in U.S. public elementary and secondary schools, 82 per cent were white, 8 per cent were Hispanic, 7 per cent were black and 2 per cent were Asian.

Students are a different story. In 2003, minority students made up 41 per cent of the public school population.

THE ASSOCIATED PRESS



Commemorating the Battle of the Atlantic

A member of the Canadian military plays the Last Post during the Battle of the Atlantic memorial ceremonies at the Eternal Flame on Parliament Hill in Ottawa on Sunday. Veterans, current service men and women, politicians and dignitaries gathered to commemorate the 71st anniversary of the single longest battle of the Second World War. The Battle of the Atlantic began on Sept. 3, 1939, when the Montreal-bound passenger ship SS Athenia was sunk by a German submarine west of Ireland, killing 188 people, including four Canadians. FRED CHARTRAND/THE CANADIAN PRESS

Unsung hero of Heartbleed scare

Justin Bull. Self-described cyber-security nut was the first to notice the CRA website's vulnerability

Quoted

"I was making calls, emailing and I even resorted to tweeting at them about this vulnerability."

Justin Bull, on his discovery that the CRA website was vulnerable to the Heartbleed bug

"I subscribe to a security mailing list, and on Monday, April 7 a bulletin was published about the massive Heartbleed problem," Bull said. "On Monday it was theoretical, but by Tuesday at 9 a.m. I got a followup post that read, 'We are screwed.' It showed how the theoretical problem was now a practical one."

Bull, who runs several computer servers himself, began to check on them and see if they were vulnerable. They were.

"I started freaking out and so I checked my bank to see if it was a problem there, but it wasn't," he said. "But it got me thinking about other potentially vulnerable websites, and then it dawned on me that it's tax season, and so I checked it out."

After some testing Bull confirmed his worst fears — the CRA was exposed to Heartbleed.

"At this point every hour counts," he said. "I was making calls, emailing and I even resorted to tweeting at them about this vulnerability."

Within a few hours the CRA had shut down its electronic services, and soon after the tax deadline extension was released.

A good thing, too, as Bull used the deadline to get his taxes in on time for the first time in years.

"I've had friends buy me a couple beers because of the extension as well," Bull said.

While Canadians across the country have Bull to thank for the reprieve, he is still unset-



Justin Bull CONTRIBUTED

tled by the scare.

"What's worrisome is (the hacker) found a way to potentially purge (the 900 accounts affected) from the system, which suggests to me he got in through an administrator account."

The response from the CRA has been less than comforting, Bull noted, as those compromised were only notified through mail, which takes much longer than a phone call, and left people unknowingly exposed for longer than needed.

May the fourth. Church holds Star Wars-themed service

Amongst a crowd of regular churchgoers, a handful of Jedis, Sith lords and even an Ewok gathered at St. Andrew's-Wesley United Church in Vancouver to praise the Gospel of Luke — Luke Skywalker, that is.

The church organ and choir swapped their usual repertoire for the movie themes of film soundtrack composer John Williams while Rev. Kathryn Ransdell exchanged her ceremonial garb for Princess Leia's royal getup.

No, it wasn't an Imperial invasion — it was part of May the Fourth, or Star Wars Day celebrations.

For many churchgoers, it was a way to merge a historical tale of good and evil with a Hollywood blockbuster. Ransdell made comparisons between biblical tales and the Star Wars movies.

"The battle between good and evil exists everywhere — not just in a church," said Lorraine Graves, whose son's idea to celebrate May the Fourth sparked the Mass's theme. "The real world is what the lessons are about whether we're learning from stories in the Bible or



Brandon Young, 10, sings a hymn at St. Andrew's-Wesley Church in Vancouver on Sunday.
DARRYL DYCK/THE CANADIAN PRESS

stories in a movie."

The first reference to Star Wars day was on May 4 1979, about two years after the first movie had been released, when Margaret Thatcher was elected prime minister of Britain.

The London Evening News printed a half-page ad reading "May The Fourth Be With You, Maggie. Congratulations," a play on the movie's popular mantra, "May the force be with you."

THE CANADIAN PRESS



Pardon me, but there's something on your nose

People wearing red noses gather in Montreal, Sunday, in an attempt to break the Guinness World Record for the most people wearing a red nose at any one time in any one place. The event was organized to raise money and awareness of cancer amongst young people from the ages of 18-30.

GRAHAM HUGHES/THE CANADIAN PRESS

California

Twins meet after 78 years apart

Twins Ann Hunt and Elizabeth Hamel were reunited last week for the first time since birth in Southern California.

Hunt, who lives in England, was given up for adoption and only learned she had a twin when she began looking for her birth mother after her adopted mother died. Hamel, who lives in Oregon, always knew she had a twin but says she never thought she would see her.

THE ASSOCIATED PRESS

Brazil

Stolen lion found by police at ranch

Police in Brazil have found a lion that was stolen three days ago from an animal shelter in the state of Sao Paulo.

Officers recovered the lion at a breeding farm 515 km from the sanctuary where 9-year-old Rawell was stolen. THE ASSOCIATED PRESS

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- like a rise in

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Feeling like a twit for falling for Twitter?



HOW TO ROLL
Alison Griffiths
metronews.ca

If you're looking for stock market love, be aware that those social media affairs can be mighty fickle. Take Twitter. Mere months ago, the IPO (initial public offering) that launched Twitter onto the big board at the New York Stock Exchange was everyone's darling. Now, its shares are as appealing as a warm glass of champagne the morning after the night before.

What happened? To understand what is going on with Twitter, it's important to know a bit about listed companies.

There are basically three kinds of stocks: momentum, growth and value. Of course, there are a multitude of nuances within those very broad categories, but essentially most stocks fall within one of those designations.

Momentum stocks don't need anything more than a good story. Investors interested in momentum will jump on a stock like a surfer on a wave. But unlike surfers, they also jump off at the slightest hint the wave is cresting.

Growth stocks require not only booming revenues,

but also earnings that are projected to leapfrog ahead of the pack. Some companies have tons of cash and grow by acquiring other companies. Others have unique products or services that are in high demand. Growth investors will watch for any sign that revenues and earnings are declining.

Value stocks such as Canadian banks and utilities tend to be the Steady Eddy of the stock market world. Those who are looking for lower risk, regular dividends and the promise of gradual stock price increase over time orient themselves to these kinds of companies.

Now to Twitter. It began as a momentum stock. Unlike many in that category, it progressed to growth stock status with real revenues, earnings and, most importantly, a quickly rising user base. Without the latter, there is no growth and no increase in income.

Herein lies the problem. Twitter just announced that the pace of new Twitter users has decreased from 30 to 25 per cent on an annualized basis. No one expects Twitter to graduate to a value stock any time soon. So, without a momentum story and with the first indication of slowing growth, investors are taking their money elsewhere.



Bed, bath and beyond for \$21,000 ... one way

Talk about some serious legroom. Gulf carrier Etihad Airways laid out plans Sunday to offer passengers miniature suites featuring a bedroom, private bathroom and dedicated butler. Etihad already woos fliers with perks including private first-class chefs and in-flight nannies. The 125-square-foot suite will likely cost three to four times as much as regular first-class seats, or about \$21,000 US from Abu Dhabi to London — one way. **THE ASSOCIATED PRESS**



Coca-Cola is taking brominated vegetable oil out of some Powerade drinks. **THE ASSOCIATED PRESS FILE**

Powerade now minus the brominated vegetable oil

A controversial ingredient is being removed from some Powerade sports drinks in the U.S., after the chemical was also taken out of rival Gatorade last year.

The ingredient, brominated vegetable oil, had been the target of a petition by a Mississippi teenager, who questioned why it was being used in a drink marketed toward health-conscious athletes. The petition

on Change.org noted that the ingredient is linked to a flame retardant and is not approved for use in Japan or the European Union.

PepsiCo said last year it would drop the ingredient from Gatorade. At the time, Coca-Cola declined to say whether it would remove the ingredient from the two flavours of Powerade that contain it as well. **THE ASSOCIATED PRESS**

Fibre-optic networks

Phone and cable companies duke it out for customers

Armed with fast fibre-optic networks that can now reach millions of homes across the country, Canada's telephone companies have turned the tables on the cable companies.

They're reversing a trend that emerged about a decade ago when the big cable companies made a major push into residential phone service, taking a piece of what was once the telcos' sole domain.

Now the phone companies are fighting back as they replace more of their copper-wire infrastructure with high-speed fibre optics that deliver TV service comparable to what the cable guys can offer. **THE CANADIAN PRESS**

As BlackBerry fades

K-W aims to be Silicon Valley North

City officials in Kitchener and Waterloo want to be the next Silicon Valley.

The bustling stretch between sunny San Francisco and San Jose — home to giants like Google and Apple — has become the template for a new vision of Ontario's technology sector, which is redefining itself in the wake of BlackBerry's massive layoffs.

THE CANADIAN PRESS

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GO FOR A WALK, MEETING BREAKS OUT

I wanted to sample local offerings for Jane's Walk, the annual series of walking tours in honour of urbanist Jane Jacobs, but no expeditions were organized in my neighbourhood, with its scenic four lanes of traffic feeding into fast-food drive-ins (maybe next year).

Instead, I joined a group of about 60 for a tour of the courtyards between Sussex Drive and the ByWard Market. The National Capital Commission expropriated land along Sussex in the '60s to create a "mile of history" and turned back parking lots into public areas where you can walk without dodging cars, loiter on a bench or a restaurant patio — people places.

"They were very much influenced by Jane Jacobs and you can almost see the signature of Jane in the courtyards," said the tour's guide, architect Barry Padolsky. "The NCC's vision was to create a pedestrian network all the way through from George St. right to the (Notre Dame) cathedral as a way of creating urban places in the found backyards behind the mile of history."



URBAN COMPASS

Steve Collins

ottawa@metronews.ca

It's not all public art and tranquility. A distinct whiff of urine greeted us at the entrance to one courtyard, a predictable use of such "urban places" in the bar-packed district.

That didn't bother the walkers as they explored the courtyards to Padolsky's running architectural and historical commentary, delivered over a loudspeaker set to a genteel volume.

We emerged onto Clarence Street and crowded onto the sidewalk across from the crumbling and doomed former home of Memories restaurant. The NCC got city council's permission last month to demolish the 1870s limestone building at 7 Clarence. The current plan is to replace it with a wider, taller building, featuring lots of modern glass.

Padolsky, who is also vice-chair of the city's built heritage subcommittee, gave us his short history of the decision, from atop a traffic island on Clarence as the cars rolled between us. "Not to tell tales out of school — but I am, because I think we that need to understand how the city of Ottawa, how the

NCC, how we treat our stock of heritage buildings in this heritage district," Padolsky told us. "I think there was a little bit of ambition there among some of the personnel within the NCC to build themselves a brand new building."

Then something unexpected happened: NCC staffer Christopher Dziwinski emerged from the crowd. Padolsky lent him the loudspeaker.

"That's incorrect," Dziwinski replied. "We tried for over a year. We studied this building with a team of the finest heritage architects as well as heritage structural engineers. We did everything we could to try to save this building."

He took a few polite, thoughtful questions from the walkers, and the tour continued.

Afterwards, a few people approached Dziwinski and thanked him. Even though some don't like what the NCC is doing, they appreciated hearing his explanation.

Unlike sometimes less civil discussions of this sort at city hall, there was no list of delegates registered to speak, no time limit on questions, no cautions from the city solicitor that this or that line of inquiry isn't appropriate. Perhaps someday we could take council out for a walk and talk.

ZOOM

Sea stars vanishing from sea



Scientists are making progress trying to figure out what is causing the mass die-off of sea stars along the entire west coast of North America. Sea Star Wasting Syndrome has decimated the creatures from Alaska to Mexico, wiping out some colonies off the coast of British Columbia. HANDOUT

Scientists narrow in on Sea Star Wasting Syndrome

Scientists are making some headway in figuring out what is killing millions of sea stars in the waters off the Pacific coast, from British Columbia to Mexico.

While a definitive answer eludes them, researchers suggest a pathogen — either bacterial or viral — is responsible for the death toll.

Populations of several different species have been wiped out. THE CANADIAN PRESS

Disintegration

The disease was first noticed last summer, among sunflower sea stars near Vancouver and Seattle. Within weeks, whole colonies had dissolved into the sea. White lesions appear on the arms of the sea stars. Very quickly, they begin to deteriorate until their arms fall off. Eventually, there's nothing left but "goo."

Just gathering specimens for testing was a challenge because the creatures disintegrated so quickly. THE CANADIAN PRESS

High toll

- Sunflower sea stars were the first found disintegrating on the ocean floor, but the disease has not been discerning. Morning sun, mottled, giant pink, and purple stars have suffered the highest mortality.

- In the pockets where the syndrome takes hold, mortality is upwards of 95 per cent.

METRO AUGMENTED REALITY

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British Pathé has been creating and archiving film for decades, capturing events that have shaped our world as we know it: from battles of the First World War to the Hindenburg to the Canadian tour of Princess Elizabeth in 1951.

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HANDOUT

Titanic, and then check out the rest of the British Pathé YouTube channel for the entire, astonishing collection. (youtube.com/britishpathe)

ATHLETES CHAMPION THE POWER OF PLAY

At Canadian Tire Jumpstart, we believe that all kids deserve the chance to play, and our athlete ambassadors do too. They know what it means to work hard, to dedicate time and resources, and to be given a chance to participate. One in three Canadian kids are not given this chance. Financial barriers such as registration, equipment and transportation fees keep many kids from getting in the game.

That's why Jumpstart, a national charity dedicated to helping kids from financially disadvantaged families participate in organized sports and physical activity programs, is working to close this gap. Equipping kids for life through sports does more than improve health and well-being; it helps them develop a sense of belonging to the community, lifelong friendships, life skills such as confidence and teamwork, and the inspiration to excel on and off the field.

Across Canada, Jumpstart has a network of athlete ambassadors who share and

MARK MCMORRIS

Sport: Snowboard

Mantra: Give'r!

Why did you partner with Jumpstart?

"I have been participating in sports since I can remember and Jumpstart gives kids the opportunity to participate in sport. Charities like Jumpstart hit home for me. I'm glad to stand behind something that is doing the right thing for kids in Canada."



See that symbol? It means you can scan this photo of Mark McMorris with your Metro News app to see more.



support this vision. They embody the best values of sport, and recognize the impact it can have on shaping Canada's future through younger generations. These athletes have been our mentors, our role models and our inspiration, and they recognize the importance of keeping all children and youth active because We 'Can' All Play for Canada.

CHARLES HAMELIN

Sport: Speed skating

Mantra: Have fun doing it and play fair.

Why did you partner with Jumpstart?

"Health is really important for kids and sport is the best way to get healthy and active. I was lucky that my parents were good examples for me in sport when I was young. Jumpstart is there to make sure that all kids have opportunity to get involved in sport and at the same time make Canada's future healthier."

MAËLLE RICKER

Sport: Snowboard cross

Mantra: If plan A doesn't work, there are 25 other letters in the alphabet.

Why did you partner with Jumpstart?

"Participating in sport growing up impacted

my life in many positive ways on and off the mountain, and Jumpstart is an amazing charity that helps children get those amazing sporting opportunities as well."

ROSIE MACLENNAN

Sport: Trampoline

Mantra: As long as I breathe.

Why did you partner with Jumpstart?

"I was brought up in a very active family and participating in sport was always a way for my siblings and me to connect to each other but also to new friends. It was a way for us to learn and find something that we were really passionate about. It also let us face challenges and overcome them. I think it is so important for kids to get involved in sport, but there is not always a way, and Jumpstart is changing that."

BENOÎT HUOT

Sport: Paralympic swimming

Mantra: Never give up on your dreams and make every day count.

Why did you partner with Jumpstart?

In August of 2013, Benoît became Jumpstart's newest ambassador and has been working with Jumpstart from his home province of Quebec to help increase access

to sport for athletes at all levels. He is the perfect example of a professional athlete who breaks down barriers.

JONATHAN TOEWS

Sport: Hockey

Why did you partner with Jumpstart?

"If kids don't have the same chances I did as a kid, they don't quite have the same chance to accomplish their dreams. "Maybe they have dreams of being a professional someday or they just want to have fun, make friends and learn what it takes to be on a team."

It's always easier to pursue your dreams when you have help, and these athletes know it's easier to succeed when you have the support of your parents, friends, neighbours, teachers, coaches and community. Thanks to our network of supporters, Jumpstart is part of every community in Canada.

Since 2005, Jumpstart has helped more than 700,000 kids (and counting) get off the sidelines and into the game. To apply for funding, donate, or learn more about Jumpstart and the impact we're making in your community, please visit canadiantire.ca/jumpstart.

Donate \$2 today. Visit your local Canadian Tire, Metro Sports Experts, or Canadian Tire Gas+ location and do

Visit canadiantire.ca/jumpstart

Together we can



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KIDS LEARN TO DANCE WITH CONFIDENCE

The City of Ottawa attracts a diverse and multicultural population and because of this, kids across the city are interested in many different types of physical activity programs. It can, however, be a challenge to develop sports and recreational programs that will engage and interest all kids, and that's why Canadian Tire Jumpstart, the City of Ottawa and more than 40 other local community partners, are working to solve this. One initiative they developed is the I Love to Dance program, which brings together kids from communities all over the city and helps keep them active while giving them the opportunity to develop life skills.

The City of Ottawa's Parks, Recreation and Cultural Services Department has a responsibility to ensure that local communities participate in city programs and events in order to foster community development. The I Love to Dance program targets new Canadians and families who face financial barriers to participation.

Frempon Bafi-Yebo, a recreation and community development officer with the City of Ottawa, immigrated to Canada 25 years ago and knows the importance community services

have when moving to a new country.

"Dance and music are common to every culture so it's a simple way of engaging kids in physical activity," said Bafi-Yebo.

Participation in sports and physical activity programming offers many benefits for kids. Those who get the chance to participate develop a sense of belonging to the community, they make friends, they develop life skills, and they learn to live healthy, active lives.

The City of Ottawa has been partnering with Jumpstart for more than six years to create programs like I Love to Dance, increasing opportunities for kids to get active.

"Jumpstart's partnership with the City of Ottawa has led to nine 'I Love to' programs including: skate, dance, swim, basketball, ultimate, soccer, hockey, wheelchair basketball and mentorship," said Marc Wolvin, regional manager, eastern and northern Ontario, Canadian Tire Jumpstart. "Since 2005, we have helped more than 24,500 kids in Ottawa experience the joy and benefits that come with organized play."

The I Love to Dance program runs for eight weeks and concludes with a performance and celebration in a professional studio. "We want the kids

to experience the feeling of performing for family and friends," said Bafi-Yebo. "It's a chance for the kids to build their confidence, show what they've learned, and to be proud of it. More than 500 family members and friends attended the performance this year, and we're excited to do it all over again next year."

You can help local kids in Ottawa get in the game by supporting the Jumpstart Red Ball campaign. Throughout May, head into

your local Canadian Tire, Mark's, Sport Chek, Atmosphere, National Sports, Sports Experts, or Canadian Tire Gas+ location and donate \$2 in exchange for your own Jumpstart Red Ball, representing the gift of play you are giving to a deserving child. One hundred per cent of your donation helps kids in your community. To learn more about how Jumpstart is making an impact in your community or to make a donation, visit canadiantire.ca/jumpstart.



Mark's, Sport Chek, Atmosphere, National Sports, donate \$2 in exchange for your own Jumpstart Red Ball. Start or call 1-877-616-6600.

help all kids play



Jumpstart

2 SCENE

Ebooks



Mom in the Movies

By. Richard Corliss

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MIND THE APP

Kris Abel
@RealKrisAbel
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Where have all the movie moms gone? This rich, engaging exploration mourns their recent fading from modern screens by reminding us of their past diversity as protectors, peacekeepers, martyrs, matriarchs, victims, and scene-chewing villainesses. Large photo galleries and side essays from Debbie Reynolds, Carrie Fisher, and Tippi Hedren help remind us all that we're missing out.

Box office

Spider-Man nets \$92 million

The Amazing Spider-Man 2 debuted with \$92 million at the box office over the weekend, according to studio estimates Sunday. It was a solid opening for Sony's Columbia Pictures, which has released five movies about Marvel's web-slinging superhero in the last 14 years. Last week's No. 1 film, the female revenge comedy *The Other Woman*, slid to second with \$14 million. **THE ASSOCIATED PRESS**

What's it like being chased by fan girls?

Neighbors.

Dave Franco — younger brother to James — dodges some screaming fans to sit down with Metro



NED EHRBAR

Metro World News in Hollywood

This must be what being a Beatle felt like. In one of the more interesting interview scenarios I've encountered, the reps for *Neighbors* tossed Dave Franco and myself in the back of an SUV to circle the neighbourhood around their makeshift frat house at SXSW so that we could talk in peace. See, the screaming girls who'd been following Franco and co-star Zac Efron around had found the house. So into the SUV we went to talk fraternities, hazing and homoeroticism.

Animal House aside, you don't normally see frat guys depicted in a positive light.

What I love about this movie is you get to choose sides, and there's not a clear villain or hero. At the beginning of the movie, my character is ... a little similar to parts I've played in the past in terms of being a little more villainous and kind of douchey. And then as the movie progresses, you get to see me interacting with my frat brothers more, and you get to see the human side, some vulnerability and that this guy is a good



Dave Franco stars in *Neighbors*, which opens this Friday. CONTRIBUTED

person, deep down. And I give [director Nick] Stoller credit for making these well-rounded characters and for making it something where the audience is going to probably flip-flop in terms of who they're rooting for.

You were never in a frat, right?

I wasn't, but I went to USC, where the Greek system is huge. I had friends who were in fraternities so I'd go to their parties, but it would always be awkward for me because my friends would invite me, but then the rest

of the fraternity brothers who didn't really know me always questioned why I was there, because the rest of them went through this crazy pledge semester and Hell Week, and I didn't earn that. But I did experience to some degree similar party atmospheres to those you see in the movie. For example, I remember at USC there were parties where they filled the entire house with foam, and you'd find people by the end of the night naked running around in the foam. I mean, it's disgusting. It's one of those things where I look

back and I can't believe that I participated in any of it, but at the time it was incredible.

There are screaming fans everywhere here. In fact, we're doing this interview in the back of an SUV to avoid them. How do you get used to this?

To be honest, it's nice because Zac takes a lot of the attention (laughs). Whenever I'm travelling around with him, I'll let him take the lead and kind of distract everyone, and then I'll run out the back door. Like, no pun intended.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

How many new Coldplay songs will it take to mend a broken heart?



STARGAZING
Malene Arpe
scene@metronews.ca

Chris Martin says he's largely to blame for his recent "conscious uncoupling" from Gwyneth Paltrow. In that he really wanted to get away from her.

Rumours persist that Gordon Ramsay recently got a second hair transplant. Says a rep for Ramsay, "Shut your bleeping bleep, you bleeping liar."

Chrissy Teigen says that she and husband John Legend recently had mile-high sex under a blanket



Kerry Washington and retired NFL player Nnamdi Asomugha are officially parents.

A birth certificate shows the couple's daughter Isabelle Amarachi Asomugha was born around 5 p.m. on April 21 in Los Angeles. The parents haven't announced the baby publicly.

Washington is the star of the ABC series Scandal. The show's third season was cut



Kerry Washington

short after the actress became pregnant.

THE ASSOCIATED PRESS

Ben Affleck caught cheating ... at blackjack

The Hard Rock Casino in Las Vegas caught Ben Affleck counting cards over the weekend and banned him from the game for life. According to the Hollywood Reporter, the Argo actor was approached by security for winning a little too often. Technically, counting cards isn't illegal. Casinos just don't appreciate it very much.

The Reporter also mentioned that Affleck won a



Ben Affleck

reported \$800,000 US in 2001 playing the same game at the same casino. **METRO WORLD NEWS**



Johnny Weir

Fashion-forward Johnny Weir picks the winning horse

The Pegasus-themed hat Johnny Weir wore to the Kentucky Derby practically shut down the Internet on Saturday.

Weir, who was there as a fashion correspondent for NBC along with skater Tara Lipinski, described his hat as "clean, pure, fun, feathers, and that's what the Derby's about, fashion-wise."

Lipinski's favourite aspect of the Kerin Rose Gold-designed hat? "The golden hoof,"

she noted. "It is sparkling."

Weir is currently going through a bitter divorce with his husband of two years, Victor Voronov, a Georgetown Law grad. The divorce drama has apparently caused the Olympian to drop out of the upcoming season of Celebrity Apprentice. In the ongoing divorce hearings, Voronov has claimed that Weir is worth \$10 million, though Weir has refuted that. **METRO WORLD NEWS**



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3
LIFE

Five more reasons we often find ourselves in Debt Hell

Debt's a losing game.

And you have to be prepared for those times in life when you may be dealt a bad hand



GAIL VAZ-OXLADE
Gail blogs daily at
gailvazoxlade.com

Last week I talked about five ways people end up going into debt. From not being prepared with an emergency fund to not putting the effort into managing money responsibly, there are plenty of ways to get into debt. Here are yet five more ways people dig themselves a debt hole, often without ever thinking about what they're doing wrong.

Expenses go up, but spending doesn't go down

There are the people who buy a home and think they can still eat out six nights a week. Then there are the people who have kids and still think they can spend \$600 on a handbag. Or how about the people who start their own businesses and still think a vacation every year is their right?

Whenever you make a move that sends your expenses up, but don't cut back on your discretionary spending, you're stepping on the road to Debt Hell.

We don't talk about money

How can you have an intimate relationship with a partner and then refuse to talk

about your money? All the time I hear people say things like:

- "That's his money. He earned it."
- "She makes more than me, so I don't have the right to ask questions."
- "I try to make a budget, but he just won't have anything to do with it."
- "He has no self-control. We just fight about money all the time."
- "She keeps the stuff she buys a secret. I find things with the tags still on them."

If you love each other enough to make a life commitment, why aren't you willing to talk about managing your money as a team? Perhaps it's because one or both of you don't want to

be accountable. Or maybe your self esteem is bruised because your partner makes more and throws his or her weight around.

Divorce

Two people cannot run separate households as cheaply as they can run one, so if you divorce, one or both of you will feel a lot poorer.

It's a sad reality that a huge percentage of households are torn apart emotionally and financially by divorce. Divorce is one of the reasons I think joint credit is a really, really bad idea. That means no joint credit cards. And if you must have a joint line of credit, it should take two signatures to access it. That way one person can't

destroy the other financially with silly shenanigans.

Gambling

I can't believe the number of people who blow money on games of chance. From the lottery to the slots, from poker to the casinos, people are dumping millions and millions of dollars they could be using to build their own lives into the profits of those who run the Dream Machine.

Some people have such serious issues with gambling that they lose their homes. Gambling is not the answer to money problems; it is the route to more money problems. And while someone always wins when you gamble, the dice are loaded in favour of The House.



Gambling can put you on a slippery slope toward financial disaster, plain and simple. ISTOCK

Choices, choices, choices

Going into debt is sometimes a choice. We make the choice when we buy something we can't afford to pay for, every time we don't bother to check to see if we have enough money in the bank to get to the end of the month and every time we waste \$5.

Banking on a windfall

Not unlike the gambler, the person who is banking on a windfall doesn't want to have to work as hard as it would take to get the life they want. Count all the people who aren't saving for their retirement in this group. Ditto the people who aren't putting money away for an emergency.

Like magic, money will fall into their laps and they will be able to right all their financial wrongs. Most people who benefit from a windfall end up in debt anyway because they never had the discipline and strategies for money management in the first place.

Sure you can forgo one leg of your financial plan because you're trying to make another stronger — giving up saving until your debt is repaid is the classic example. But don't fool yourself. Like a table with a weak leg, it'll only take a little pressure in the wrong place to make the whole thing fall down.

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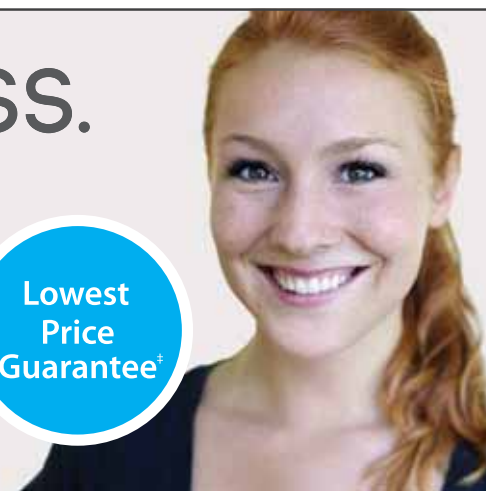
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Colour outside the light lunch lines: Seared Tuna with Mediterranean Salsa



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FLASH FOOD



From your fridge
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30 minutes or less

Tuna and this Mediterranean salsa are the perfect pair.

The best way to have the most tender tuna is to sear the outside and leave the interior slightly pink.

If this is not your style, cook it for longer, being careful not to overcook, since the tuna will dry out. Or, if you prefer to cook a fish all the way through, try replacing the tuna with another firm fish such as tilapia, bass, swordfish, halibut or cod.

When I buy fresh tuna for cooking, I like to use bluefin tuna, which has dark red flesh that I find to be the most flavourful. Be sure to always buy the fish from a reputable fish store for the freshest tuna possible.

Tuna is rich in high-quality protein and an excellent source of nutrients such as selenium, potassium, magnesium, and of course, omega-3 essential fatty acids, which are known to reduce the risk of heart disease and cancer.

Ingredients

Salsa

- 1 cup diced plum tomatoes
- 1/3 cup diced sweet green peppers
- 1/4 cup diced green onions
- 3 tbsp chopped black olives
- 2 tbsp fresh lemon juice
- 1/3 cup crumbled reduced-fat feta cheese
- 2 tsp olive oil
- 1 tsp finely chopped garlic
- 1/2 tsp dried oregano

Tuna

- 6 tuna fillets (about 6 oz each)

Garnish

- 1/4 cup chopped fresh basil or parsley

The salsa can be made early in the day, but remove the seeds of the tomatoes.

This dish can be served right off the heat or at room temperature.

Nutritional information

Per serving

- Calories. 241

- Carbohydrates. 4.2 g

- Fibre. 1 g

- Protein. 36.8 g

- Total fat. 7.8 g

- Saturated fat. 2.1 g

- Cholesterol. 74 mg

- Sodium. 258 mg

**TOTAL
TIME
ABOUT 25
MINUTES**

This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

Directions

1. To make the salsa: In a bowl, combine the tomatoes, peppers, onions, olives, lemon

juice, feta, olive oil, garlic and oregano together.

2. Either on a barbecue or in

a nonstick grill pan sprayed with cooking spray, sear tuna on both sides just until cooked to your preference. Place on

a serving dish. Sprinkle with the basil and serve the salsa overtop. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

You say 'potato', I say 'fingerling'

Potatoes are a staple in many homes as a vegetable accompaniment, but next time try this fingerling variety.

I've been enjoying experimenting with them lately in my cooking. They're small but long, have a golden flesh and are just delicious when roasted. Use small red or white roasting potatoes if you cannot find fingerling.

When it comes to seasoning, sea salt and table salt have the same nutritional

value. However, fine sea salt tastes saltier than table salt, and therefore you are able to use less of it.

This side dish can be prepared early in the day and reheated in a 300 F oven for 20 minutes.

1. Boil the fingerling potatoes for 8 minutes just until they are just fork tender. Rinse them with cold water then slice in half lengthwise. Place in them into a bowl.

2. Add the oil, cheese, rosemary, salt and pepper. Place the potatoes on baking sheet lined with foil and sprayed with vegetable oil.

Bake for 20 minutes, turning after 15 minutes, just until slightly golden. Garnish with chopped parsley.

ROSE REISMAN

Ingredients

- 2 lb fingerling or small roasting potatoes
- 2 tbsp olive oil
- 2 tbsp grated Parmesan cheese
- 1 1/2 tbsp chopped fresh

- rosemary (optional)
- 1/2 tsp sea salt
- Pinch of coarsely ground pepper
- 3 tbsp chopped parsley



This recipe serves six to eight. ROSE REISMAN

metro

SUMMER CAMPS

Monday, May 5, 2014



Spending time at an overnight camp can help solidify life-changing and decision-making processes for children. SHUTTERSTOCK



Attending an overnight camp in another community can cause a big change in children. SHUTTERSTOCK

Wake up to a brand new experience

ASTRID
VAN DEN BROEK
For Metro

Is this your child's first year at sleepaway camp?

While it may be harder on you as a parent than your child, here is how to prepare them for their time away.

Know it helps them

The Canadian Summer Camp Research Project was

recently completed out of the University of Waterloo, which was a three-stage process that interviewed camp directors, children and parents to determine what benefits came from attending overnight camps.

"What they and I have found is that although a day camp has some of the same benefits, being away overnight really emphasizes those benefits to the youth," said Gwen Dell'Anno, executive director of the Edmonton-based Alberta Camping Association. "It helps solidify some of those life-changing decision-making processes. Even if it's just one week away in a community that's separate from their own community, it really causes a big change in kids."

Start slow if you need to

Many sleepaway camps start at the age of eight years old. "But some camps do a shorter overnight — so (try) a two-night, three-day one for younger kids to get them started," Dell'Anno said. "And some camps even do a family component where the family spends the week-end there. Often, if they are

Tip from mom

- "To prep our daughter for her first week at overnight camp, we read the materials about the camp together and had her help get everything ready," said Dana Dougherty Reinke, an Oakville, Ont., mom of three children. "And we talked about how proud we were that she was going."

familiar with where they are going, it's not so scary to go away on their own."

Buddy up

"It's certainly easier on the kids if they go with a buddy," Dell'Anno said. "But I wouldn't say if you don't have a buddy don't go. Because sometimes when buddies are insisted on, they end up sick of each other by the end of the week."

FYI about the counsellor

Don't forget to reiterate to your camper that their counsellor will understand how scary going away to camp can be.

What to pack for overnight camps

Before you know it, your kids will be leaving for camp and you are bound to wonder what they need in their bags.

Here is a packing list from Care.com, the world's largest online destination for finding caregivers.

Camp essentials

- 8 pairs of shorts
- 3 pairs of pants
- 10 T-shirts/tank tops
- 2 long-sleeved T-shirts
- 14 pairs of socks
- 1 to 2 sweatshirts
- Rain coat
- 1 pair of sneakers
- Sandals (might need to be closed toe, check with the particular camp)
- Water shoes
- 2 to 3 swim suits
- 2 pool/beach cover-ups (optional)
- 2 to 3 sets of PJs — make sure one set has long sleeves and pants
- 16 pairs of underwear
- Twin sheets, comforter and extra wool blanket
- Sleeping bag (optional)
- Pillow and pillowcase
- 2 shower towels
- 2 beach/pool towels
- Toiletries (toothbrush, toothpaste, soap, shampoo, conditioner)
- Laundry bag
- Comb, brush, hair dryer, flat-iron, and any other hair products/accessories
- Clip-on electric fan (cabins have electric outlets for each camper)
- Flashlight with extra batteries
- Camera
- Bug spray
- Labelled water bottle
- Pre-addressed stamped envelopes
- Paper and extra stamps
- Pens and pencils
- Sunscreen
- 1 to 2 hats
- Sunglasses
- iPod (if allowed)
- Books
- Journal (with handwritten notes from mom and dad)
- Sudoku or word game work books
- Special sporting equipment (if it's a sports-focused camp and you want your own gear)
- Hiking boots (if hikes are part of the experience)
- Comfort items (stuffed animal, special blanket, etc.)

KATIE BUGBEE IS THE SENIOR MANAGING EDITOR AND RESIDENT GLOBAL PARENTING EXPERT OF CARE.COM.

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Focus on your child's interests

ASTRID
VAN DEN BROEK
For Metro

There's baking camp. French camp. Soccer camp. Swim camp. How exactly can you pick what's right for your child?

Here's how to figure out where is the best place for your child to spend their sweet summer days.

Ask around

Ask neighbours and other parents for camp recommendations. "Often that's your best bet, to get a first-person recommendation from somebody," says Gwen Dell'Anno, executive director of the Edmonton-based Alberta Camping Association.

You may even want to ask at your child's school — some home and school associations collect recommendations and put out lists of suggested camps. Some teachers even run camps in the summertime.

Get your child involved

"Bring them into the discussion about the types of programs they may be interested in," says Derek Mitchell, president of the Halifax-based Camping Association of Nova Scotia & Prince Edward Island. Sounds obvious, but not all parents do it.

Look for accreditation

"As the executive director of the Alberta Camping Association, we have standards that all of our member camps follow regarding safety, training, risk management and more," Dell'Anno said. "And since every province has a camping association, I'd suggest looking for the one in your province to look through their member camps."

Consider their interests

"If they are interested in something — a lot of girls, for example, want to go to horse camp — then you can pick, more specifically,



Using various resources will make it easier for you and your child to choose a summer camp that is a good fit. SHUTTERSTOCK

a camp where they'll spend a lot of time with horses," Dell'Anno said.

That said, not every child

has specific interests to pursue.

"If they're not focused in on something they really,

really want, pick a camp that has a wide range of activities," Dell'Anno said. "So they may not get the

detailed expertise in any one activity, but they get a chance to taste a bunch of different things."

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Started from the bottom, now she's here: From dumpster dives to a biz that thrives

All you Nasty Gals.

Sophia Amoruso shares her unconventional experience as an entrepreneur in #GIRLBOSS

ANDREA
PARK

Metro World News

Just 10 years ago, Nasty Gal CEO Sophia Amoruso was dumpster diving, shoplifting, hitchhiking and drifting from job to job. It's safe to say that no one could have guessed Amoruso would become the CEO of a \$100-million retail business with more than 350 employees working for her, but in 2006, Amoruso started an eBay store that quickly blossomed into a retail empire.

In addition to Subway sandwich artist, ID checker and



CEO, Amoruso can now add author to her resumé: Her memoir and professional advice book, #GIRLBOSS, will be available for purchase tomorrow.

Your book couldn't be more different from Lean In. In fact, you barely talk about male dominance in the workforce. Why is that?

If it's a man's world, who cares? It's kind of like, "Yes, lean in, but you don't need to talk about it." The energy you use talking about it, you could use to actually lean in. I come from a position of being a little bit privileged in that I started my business and worked my way to the top — but not in an organization run by men.

I'm not going to deny that's something that exists for many women, and I'm not going to deny that I've been looked at as the only girl in the room, but I don't acknowledge it.

As soon as you acknowledge it, it almost takes power away from you. Just rising to the occasion and thinking, "I'm going to be who I am and be the smart girl I am and talk like I know what I'm talking about, because I do," and gaining respect — that's leaning in.

You don't give steps or a plan to readers on how to be successful. Why is that?

I can just share my experience and I want people to learn from that. You can learn from other people's success and failure. A lot of people are going to tell you how things are in the world and most of them are going to be wrong for you and right for someone else. It's more important that you play to your strengths and put yourself in places that challenge you. If you fail, then you make the choice on whether or not you'll try again.

What do you want to accomplish with your book?



Nuts to male dominance

"I'm not going to deny that's something that exists for many women and I'm not going to deny that I've been looked at as the only girl in the room, but I don't acknowledge it. As soon as you acknowledge it, it almost takes power away from you."

Sophia Amoruso, CEO of Nasty Gal on male dominance in the workforce

The things I want to manifest are not things I'm acutely thinking about. If my book plants something inside people that's dormant, I hope there's something, some day that benefits them. I don't care if I'm recognized for it or if they even recognize that they learned something because they read my book.

Why did you want to write #GIRLBOSS?

There had been a fair amount of press telling my story from the day I started Nasty Gal on eBay, but there was a lot missing and I was not comfortable telling the whole story in anyone else's words. There's a lot I learned in the years before Nasty Gal and the years after that I wanted to share and put into my own words.

Do you have any tips for young women who feel directionless and don't know what they want to do yet?

You just have to keep trying things. I knew I wanted to be good at something. I thought I was going to be a photographer. Had I tried to control that too much and said, "Screw this eBay thing," I don't know if I would have fulfilled any level of a dream. I don't know if I would have been a successful photographer or done what I did with Nasty Gal. I was open to seeing where life took me.

Do you regret living the wild life when you were hitchhiking and shoplifting?

That phase was pretty short. I think I learned a lot from it. You learn a lot about people and what not to do by doing stupid stuff like that, and unfortunately I think I was naive enough to have to learn about the world by putting myself in situations like that. I actually had to get to who I am now by removing every other option.

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I'm worried that I've made a major mistake

Conflicted on campus.

You've successfully made it through your first year, but is it possible that you didn't pick the right stream of study?

ELENI DEACON
Metro News

Choosing the right major is not a minor decision. As the school year comes to an end, some students may be questioning whether their selected field of study is the best course for them. And while this dilemma can be tricky, there are many options available to those facing this predicament.

For new scholars, it can be helpful to think of first year as a time for discovery. Dr. Jane Rutherford, an associate professor in biology at Wilfrid Laurier University who also serves as her program's undergraduate academic advisor, urges students to keep



If you aren't sure of the direction you're going, don't distress, discuss! ISTOCK

their minds open during their early semesters.

"I tell them first year is about exploring your options and finding out what you enjoy and what maybe you don't enjoy so much," she says. "And I always tell them, 'Don't feel you're locked in

to a particular program.'"

This was the case for Rebecca Vandeveld, an alumnus of York University's Glendon College who switched out of International Studies into Drama Studies after her second year when she realized her program's subject

matter did not grab her.

"It was not what I thought it was going to be," Vandeveld says. "It was very heavy on political theory, which was interesting for a couple of classes but not what I wanted to focus my degree on. And that gave me the impetus to

move."

While Vandeveld says the decision was straightforward, that is not always the case. Joyce Hunter, academic counselling services manager at Queen's University, emphasizes that students who are unsure about their direction should re-evaluate their own motivations, not those of friends or parents.

"They need to do some self-assessment," Hunter says. "Introspective thinking about what their goals are or what kind of career they want, what kind of work they want to do, what kind of lifestyle they want to have. And that involves not just thinking, but (talking) to professionals."

These professionals include counsellors available at every university.

For students doubting their major, Hunter recommends a combination of academic advising, personal counselling, and career counselling. She says she frequently encounters students who are questioning why

they are at university —and this may mean changing not just their major, but their school.

"University is not for everyone, and we will not hesitate to say, 'Look at other options. Maybe you should be looking at a college program that is going to be a better fit for you,'" Hunter explains.

Rutherford also stresses that it is never too late to switch — partly because the expected timeframe for an undergraduate degree is becoming more flexible. "A lot of students are here on the five-year plan rather than the four-year plan," she says, adding, "and some of them are here for even longer than that."

Hunter agrees. "I've talked to students who've gotten to the end of their fourth year and decided to make a wholesale change, from sciences to arts and vice versa. I think it's more productive for a person to make the change at this point in their lives, when they're young, than trying to catch up 10 years down the road."

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UNDERSTANDING MENTAL ILLNESS

ONE IN FIVE CANADIANS ARE AFFECTED

Depression. Attention deficit disorder (ADD). Anxiety. Addiction. Schizophrenia. These are examples of the wide variety of mental health issues one out of every five Canadians suffer from, and for many these medical conditions can be debilitating.

Some people suffer short-term episodes of depression or anxiety that is debilitating to the point they can't work or function normally. Others have issues around anxiety and fear that prevents them from doing certain activities. For others, mental illness is a lifelong burden that has environmental, psychological or biologic roots.

"Mental illness can affect people at all ages any stage of life," says Dr. Michael Teehan, president of the Canadian Psychiatric Association. "About 70 per cent of mental health problems start during adolescence and early adulthood, and extend into the adult years."

Mental illness is the second leading cause of disability and premature death (often by suicide) and costs Canadians roughly \$50 billion per year. The most common problems are depression and anxiety with eight per

BY THE NUMBERS

- One in 20 people have a diagnosable mood disorder (depression or bipolar disorder);
- One in 20 have an anxiety disorder;
- One in 30 have a problem with addiction, either alcohol or illicit substances;
- One in 50 are at risk for addictive gambling problems;
- Three per cent of women and 0.3 per cent of men develop an eating disorder at some point.

Source: Public Health Agency of Canada

cent and 12 per cent of people suffering an episode in their lifetime, respectively. Anxiety includes conditions such as phobias, panic attacks, social dysfunction and more.

Men and women both suffer mental illnesses, but there can be differences. According to the Canadian Mental Health Association, addiction rates are higher in



SHUTTERSTOCK

men, but women have higher rates of mood and anxiety disorders. More than 75 per cent of suicides involve men, but women attempt suicide three to four times more often. Nearly 4,000 Canadians commit suicide each year, 90 per cent of whom suffered a diagnosable mental illness.

Teehan says there are psychological approaches that help people understand and

cope with their condition, medication, and social interventions, such as helping people get out of abusive or difficult situations.

Early diagnosis to either confirm or rule out mental health illness can prevent problems from getting worse. Need help? Ask your local doctor or nurse practitioner for guidance.

— Pippa Wysong

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A good start to combat PTSD is asking for help

Effects can linger for months, even years

Seeing someone die violently. Sexual assault. Childhood abuse. A car accident. These are all examples of traumatic events that can lead to post-traumatic stress disorder (PTSD).

While some people recover from the horror of these events, for others the effects can linger for months, or even years. Symptoms can include reliving the events through flashbacks or nightmares, or when seeing situations that remind you of the event.

"PTSD happens because a traumatic event causes changes to the brain that cause fear and anxiety to persist long after the event," says Julie Martin, program co-ordinator of the program for traumatic stress recovery at Homewood Health Centre in Guelph, Ont., which has one of the largest PTSD treatment programs in Canada. "With PTSD you over-respond to fearful situations."

PTSD sufferers experience intense anxiety, can't concentrate, have outbursts of anger or bouts of crying. Some feel an emotional distance to the world around them — it's like part of the emotional part of the brain shuts down. Depression commonly accompanies PTSD and, without help, some



SHUTTERSTOCK

people are at risk for suicide.

About nine per cent of Canadians suffer from PTSD at some point. Treatment for PTSD involves talk therapy (counselling), medications, or both. Asking your doctor for help is a good place to start.

"The key to recovery from the symptoms of PTSD is to create safety, grieve losses and strengthen sense of self," Martin says.

— Pippa Wysong



SHUTTERSTOCK PHOTOS

Don't believe these common stereotypes

The following are some common myths that surround mental health issues.

MYTH: People who are mentally ill are more likely to be violent.

People with mental illness are more likely to be victims of violence than perpetrators.

MYTH: People can control how they feel and what they do.

With a mental health illness, these abilities are impaired. Mental health issues are nobody's fault. There are genetic or inherited factors behind the development of many mental health issues, including depression, schizophrenia, autism, dementia and more. There are biological aspects to mental health, as well as environmental influences, such as a history of trauma or abuse.

MYTH: Mental health is all about your attitude. Change that and you will be OK.

It's not that easy, and suggesting this to people suffering from mental illness can make them feel worse. Biological components, such as chemical imbalances in the brain, can lead to symptoms of depression, hallucinations, over-reactions to stressful situations and more.

MYTH: Asking someone if they are suicidal will trigger a person to commit suicide.

Talking to someone at risk in a non-judgmental, non-argumentative way can actually help reduce the chances of them killing themselves. Having someone to talk to, and listen to, makes people feel less alone.

MYTH: People can just "snap out of it."

Mental health issues have complex biological components that people can't simply "snap out of." Just like people can't snap out of having diabetes, a person can't snap out of an episode of clinical depression, anxiety attacks, or the lifelong complications of schizophrenia or other problems. Many need long-term medical management and help learning psychological methods that can help them cope.

MYTH: Mental health problems aren't as serious as other diseases.

Untreated, mental health problems can be completely debilitating. Sadly, mental illness is behind 24 per cent of all suicides among young adults between the ages of 15 to 24, and 16 per cent of those from aged 25 to 44.

— Pippa Wysong

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NBA playoffs

Spurs put away Mavericks

Tony Parker scored 32 points and the San Antonio Spurs led by as many as 31 on their way to a 119-96 victory over the Dallas Mavericks, closing out a tense first-round series Sunday in seven games. **THE ASSOCIATED PRESS**



The Spurs' Manu Ginobili drives around the Mavericks' Monta Ellis on Sunday. **THE ASSOCIATED PRESS**

NHL playoffs

Rookie fitting in well with Bruins

With just seven NHL playoff games under his belt, young Bruins forward Reilly Smith already has two winning goals. Not to mention the trust of coach Claude Julien. "He plays like a veteran," Julien said of the 23-year-old winger from Toronto. "And

you know he's very calm in those kind of situations. You don't see him make too many big mistakes, because he's a smart hockey player."

Smith and linemates Patrice Bergeron and Brad Marchand combined for two goals and three assists Saturday in the Bruins' 5-3 comeback win over the Canadiens, with Smith rifling the winner with 3:32 remaining. **THE CANADIAN PRESS**

Keeping up the pressure



"We can't sit back and try to protect a lead."

Canadiens
defenceman Josh Gorges. The Habs wasted a 3-1 advantage as the Bruins scored four times in the last 9:04 of the third period for a 5-3 win in Game 2 on Saturday afternoon. The Bruins visit Montreal for Game 3 on Tuesday night.

Nets suppress Northern Uprising with Game 7 win

NBA playoffs. Raptors denied their second trip to the second round after losing contest by one point

DeMar DeRozan leaned over Kyle Lowry after the final buzzer sounded to end the Toronto Raptors' season — Lowry was laying distraught on the floor, his face in his hands. DeRozan was above him, speaking with urgency.

It was a moment that said volumes about this young Raptors squad: their unexpected record-breaking season and their thrilling run through the playoffs, and the bonds they built along the way.

"That's my man," Lowry said of DeRozan. "He said, 'If anybody is taking that shot, I'm living and dying with you taking that shot, or trying to attempt to get that shot off.' It was a great brotherly moment."

Lowry, who led the Raptors with 28 points Sunday, had just been blocked on a shot at the buzzer, giving the Brooklyn Nets a 104-103 Game 7 victory and ending the Raptors'

Uncertain future

Not only is the Raptors' season over, so are the contracts of coach Dwane Casey and point guard Kyle Lowry.

- Lowry becomes a free agent on July 1, but when asked about his future, he said his mind was still on the series and its end.

first playoff run in six seasons.

"The play was to get me the ball, but they did a good job of trapping me, and I didn't get that shot off that I wanted to get off," said Lowry.

Amir Johnson had a play-off-high 20 points plus 10 rebounds before fouling out of the game with 7:53 to play. DeRozan added 18 points for the Raptors, who were hoping to see the second round of the playoffs for just the second time in the franchise's 19-year history. Patrick Patterson finished with 16 points, while Terrence Ross had 11.

Joe Johnson scored 26 points to lead the Nets, who will face the two-time defending champion Heat beginning Tuesday in Miami. Marcus Thornton finished with 17. **THE CANADIAN PRESS**



The Nets' Paul Pierce blocks Raptors point guard Kyle Lowry's last-second shot during Game 7 of their first-round playoff series on Sunday in Toronto. The Nets won 104-103, ending the Raptors' season. Scan the image with the Metro News app to see the game told in photos.

RICK MADONIK/TORSTAR NEWS SERVICE

Final thoughts



"I'm proud of our guys. Nobody gave them a snow-ball's chance in you-know-where to be here." Raptors coach Dwane Casey



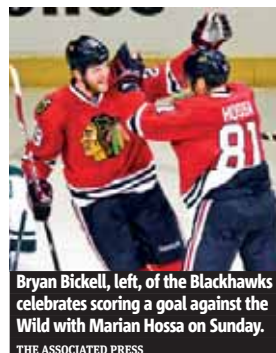
"I can't say some of the things they were calling me out there. You were against not only 15,000 in the building — you were against the 15,000 outside."

The Nets' Paul Pierce on the Raptors and their fans at the Air Canada Centre.



"I can sleep at night knowing he took that shot. I can live with that."

Raptors swingman DeMar DeRozan said Kyle Lowry was the right man to take the final shot for the team.



Bryan Bickell, left, of the Blackhawks celebrates scoring a goal against the Wild with Marian Hossa on Sunday. **THE ASSOCIATED PRESS**

Wild in a pickle thanks to Bickell

Bryan Bickell had a goal and two assists, and the Chicago Blackhawks beat the Minnesota Wild 4-1 on Sunday to take a 2-0 lead in the Western Conference semifinals.

Brandon Saad scored his first two goals of the post-season, and Chicago earned its sixth consecutive win despite stretches of lacklustre play

in the second and third periods. Corey Crawford made 18 saves in another solid performance.

Cody McCormick scored his second career playoff goal, but Minnesota missed another chance to steal home-ice advantage from the defending Stanley Cup champions.

The series opener was tied

at 2 in the third period before Patrick Kane scored two of Chicago's final three goals in a 5-2 victory on Friday night.

Game 3 is Tuesday night in Minnesota.

Clayton Stoner and Erik Haula made nice passes to set up McCormick's first playoff goal in three years two minutes into the third, trimming

Chicago's lead to 2-1. Crawford then batted a potential tying shot from Charlie Coyle over the crossbar.

The Blackhawks eventually regained their composure and turned up the pressure again. Bickell buried a shot into the upper right corner at 17:15 before Saad added an empty-net goal. **THE ASSOCIATED PRESS**

Horoscopes

Aries

March 21 - April 20

Listen to what a friend tells you and be quick to act on their advice. Even if what they say is not what you were hoping to hear there is a lot of wisdom in their words, not least because they can see what you cannot.

Taurus

April 21 - May 21

Someone in a position of authority will look favourably on you over the next few days and if you are smart, you will get something more out of it than just praise. Ask for a raise or a promotion — or both.

Gemini

May 22 - June 21

Creatively and romantically, the next few days should be good for you. But for best results, you need to be focused. Identify your number one priority and really go for it.

Cancer

June 22 - July 23

You will make efforts above and beyond the call of duty over the next seven days. Not only will you get an extraordinary amount of work done in a remarkably short space of time but it will be quality work too.

Leo

July 24 - Aug. 23

You will be much in demand socially today but you must choose carefully among the many invitations because you won't have the time or the energy to say yes to them all.

Virgo

Aug. 24 - Sept. 23

A family matter you thought was resolved will rear its head today and this time you must make sure it's settled. If you don't lay down the law the issue will continue to nag at you.

Libra

Sept. 24 - Oct. 23

What you have to do over the next few days may not be what you would choose to do but if you approach it in the right frame of mind, it can still be fun. It will also get important people back on your side.

Scorpio

Oct. 24 - Nov. 22

If you do things by the book today, you will get the rewards you deserve. If, however, you try to gain an advantage by cutting corners most likely you will find that your underhand methods rebound on you.

Sagittarius

Nov. 23 - Dec. 21

It's not like you to put practical matters above having fun but you may have no choice over the next 24 hours. Social activities will have to take second place to getting on top of your work and money.

Capricorn

Dec. 22 - Jan. 20

It won't be long before you get the chance to do something out of the ordinary but for the time, be patient. If you make your move too soon, the results may not be as good.

Aquarius

Jan. 21 - Feb. 19

What happens over the next 24 hours will remind you that it is not where you look but how you look that determines the way the world seems to be. Be positive in everything you do.

Pisces

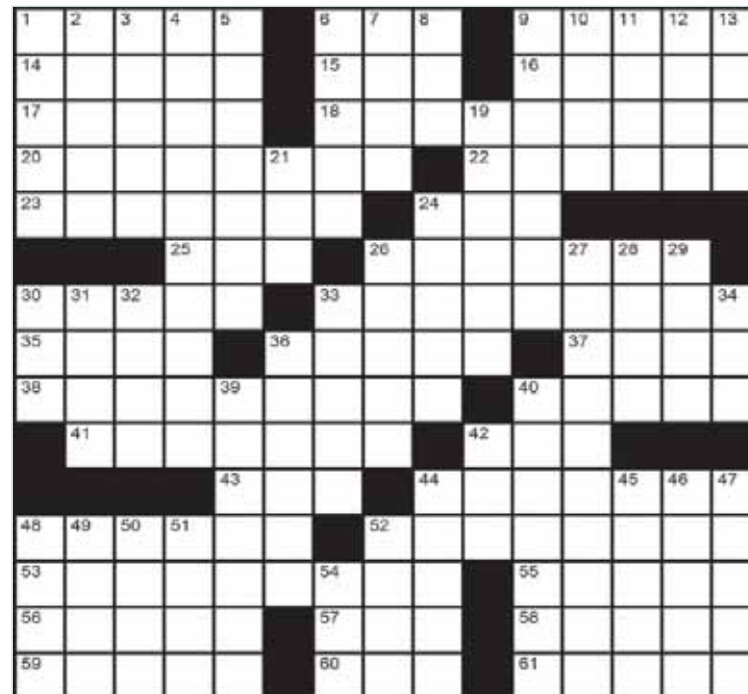
Feb. 20 - March 20

If you recently made a promise, to somebody else in a position of power, you must keep it. If you try to back out of the deal it will do your reputation harm. SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Clever
- Bootcamp officer, briefly
- Bob of "Full House"
- Windy City airport
- Who: French
- _* (Classic arcade game cube-hopper)
- Choir outfits
- Alan-and-family's Slice show, "___ Thicke"
- England born/Canada raised actor Scott
- Festive decoration
- Most brief
- Distant
- Label
- Some times
- Happen
- They're at the centre of Atlantic Canada's activist-opposed annual hunt: 2 wds.
- "... ___ I wrong about THAT too?"
- Robert Service works
- Verifiable
- Paul Anka song covered by Donny Osmond: 2 wds.
- Skincare brand
- Master bedroom extra
- ___ and Gus, "Cinderella" (1950) mice
- These: French
- Elegant court dances



- 1987 Warren Beatty/Dustin Hoffman movie
- Did in an unprepared manner: 2 wds.
- "The Boys in the Bright White ___" by Trooper
- Prefix to 'foam'
- Olympic legend Ms. Comaneci

- Smash song
- Complete
- Ian or Sylvia
- Shakespearean suffix
- Arctic explorer, Robert E. ___ (b.1856 - d.1920)

Down

- Least best

- Elton John's "Your Song" bit: "___ you don't mind..."
- Southern Alberta town
- Big Joe Mufferaw's work remnants: 2 wds.
- "Alright, honey.": 2 wds.
- Gym move

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

- now."
- Calgary footballers, to fans
 - Food additive
 - Evita song: "Don't Cry ___ Argentina"
 - Irish writer Ms. Binky
 - Web courtesy
 - Root vegetable
 - Smirch
 - Alley ___ (Comic strip classic)
 - Motley ___
 - ___ Crunch (Cereal)
 - Jeers
 - View
 - Toolbox grippers
 - Peninsula
 - Smashes: 2 wds.
 - "Lost" character played by Daniel Dae Kim
 - Gleefulness
 - "Dancing with the Stars" alum Ms. Sliwinski
 - Making-one-sleepy thingy
 - Tale
 - "Say it ___ so!"
 - ___ or neuter
 - Brick carriers
 - Rush, for example
 - Lineup lag
 - "Evita" (1996) role

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today

14°/3°
Sunny

Tuesday

13°/3°
Partly cloudy

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Check the 14 day trend.

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